

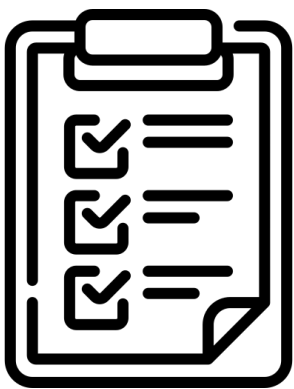
2019 Youth Risk Behavior Survey

HIGH SCHOOL

Durham County, NC

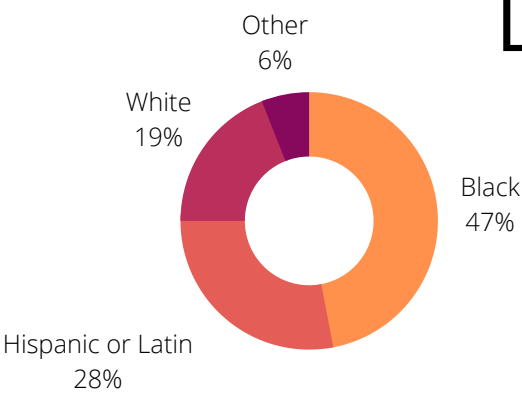
This survey (YRBS) is part of a national school-based survey produced by the CDC and administered every other year by the Durham Public Schools.

PURPOSE: To assess the physical and mental well-being of middle and high school students in Durham County, NC

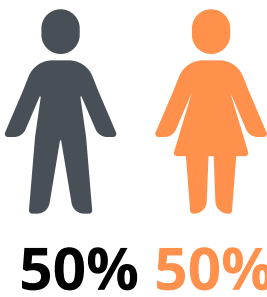


- Physical Health
- Physical Activity
- Nutrition
- Safety
- Sexual Behavior
- Bullying
- Mental Health
- Substance Use

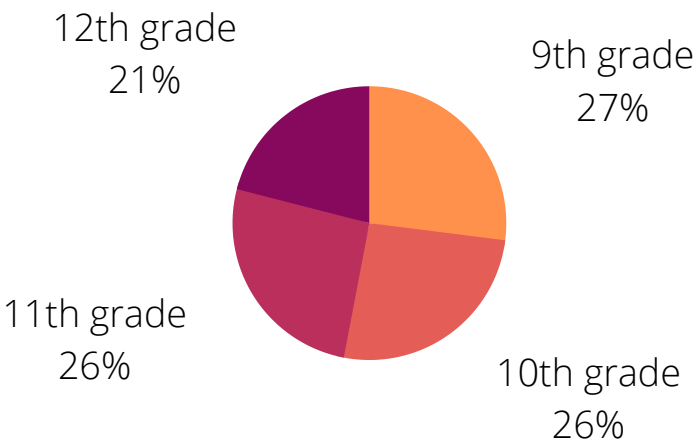
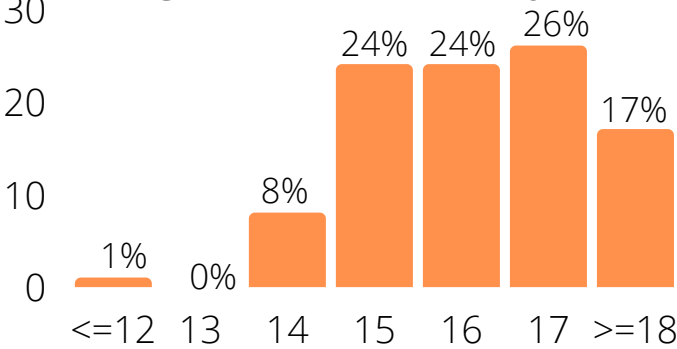
Demographics



1,117 total survey takers

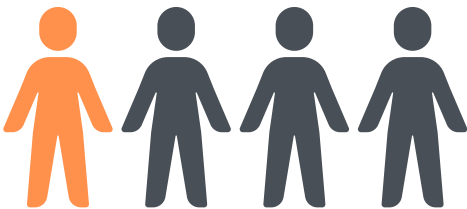


Age at time of survey

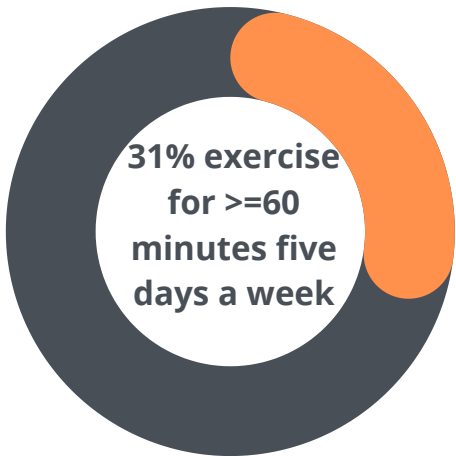


Physical Health

28% described themselves as overweight. This is a 24% decrease since 2017.



Hispanic or Latin and Black students were more likely to be overweight. Lower quality parks in neighborhoods where youth of color live may contribute to lower levels of physical activity and obesity^{1,2}



Nutrition

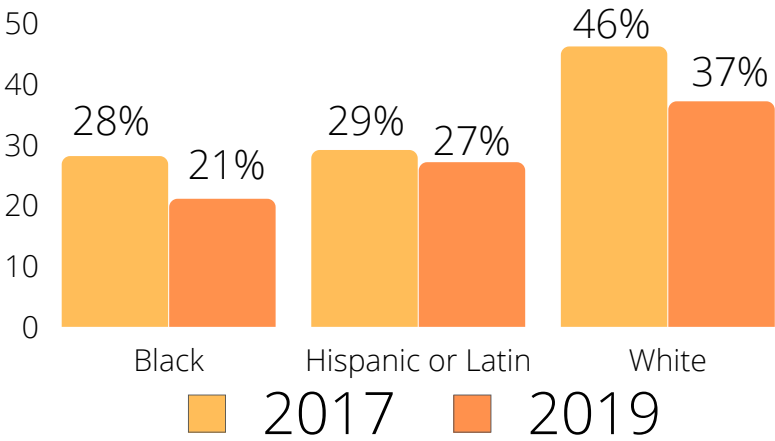
Consumption of sugar sweetened beverages decreased by 42% since 2017



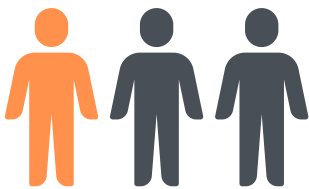
Reasons for disparities:

Free breakfast is offered through schools but is stigmatized as being for low income families.^{3,4}

% eating breakfast everyday

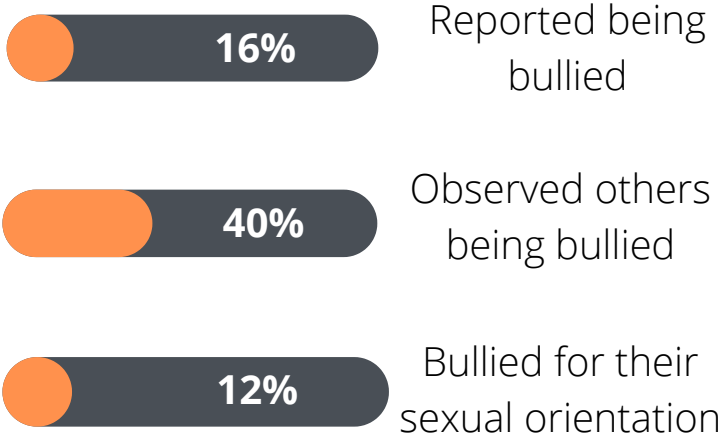


Safety



34% reported gang activity in their schools. 12% reported missing school because they felt unsafe. Gang activity is associated with poverty, lack of resources, and crime; all of which are caused by systemic racism. This could partially explain why students that live in predominately Black neighborhoods are more likely to report gang activity.⁵

Bullying



Overall, bullying has decreased since 2017.

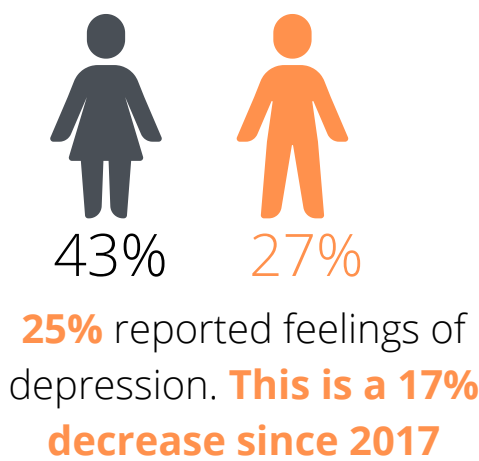
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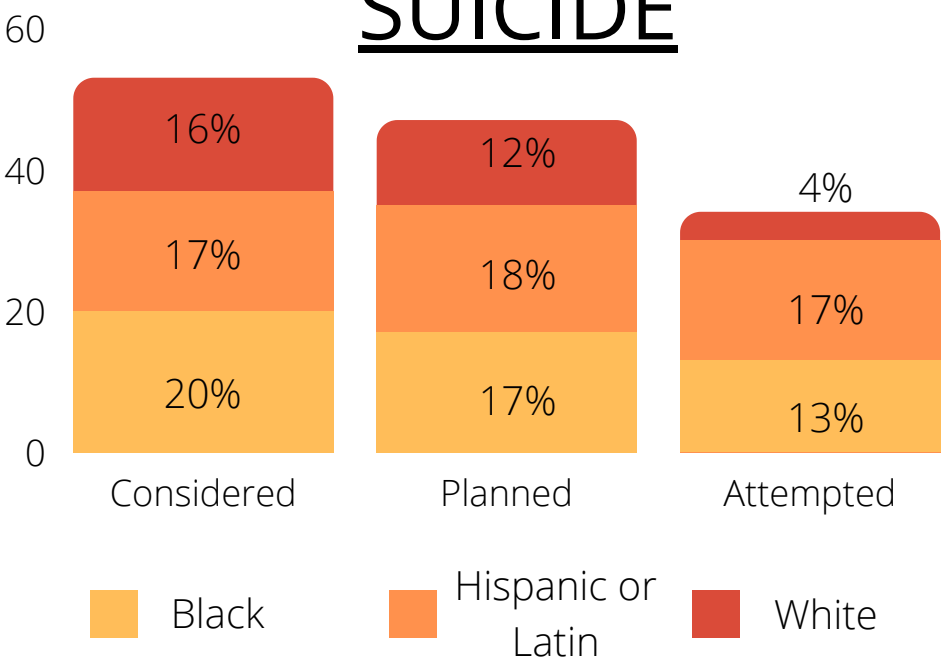
Durham County, NC

Mental Health

Feelings of Depression



SUICIDE



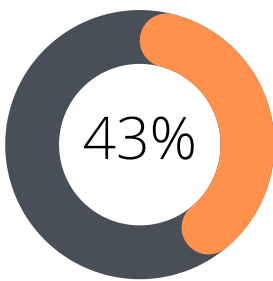
Reasons for disparities:
Rates of suicide consideration may be higher among students of color due to differences in access to mental health services. ⁶

Sexual Health

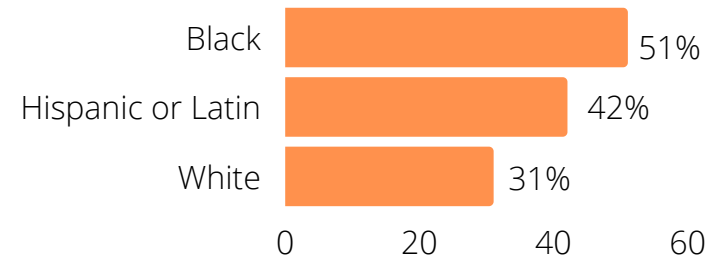
Forced to have sexual intercourse



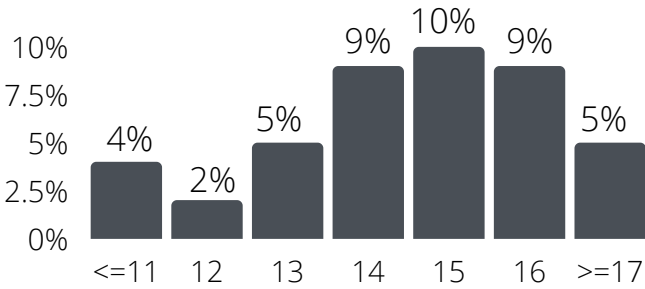
Reported having sexual intercourse



% of students reporting having sexual intercourse

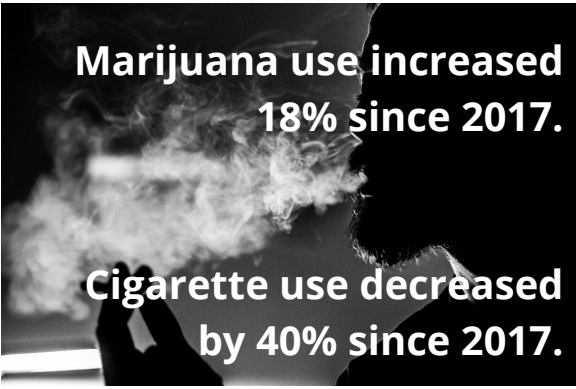
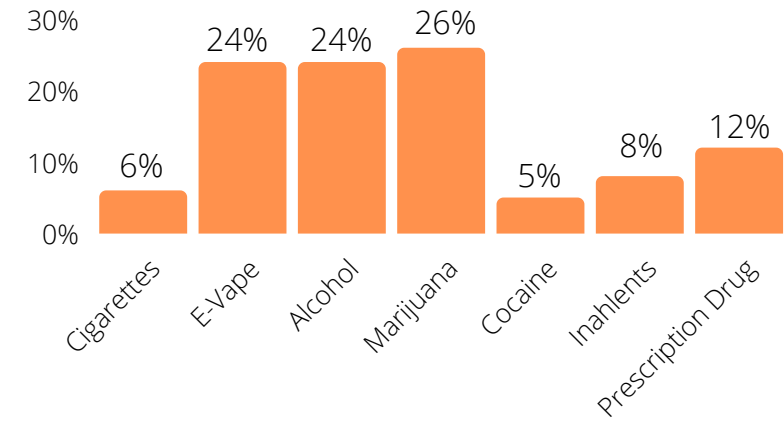


Age at first sexual intercourse



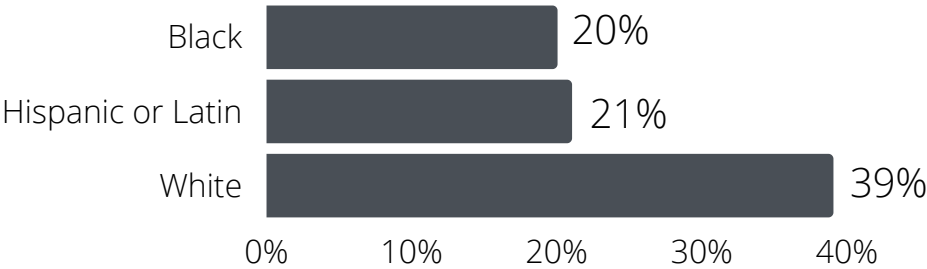
Substance Use

% of students using substances

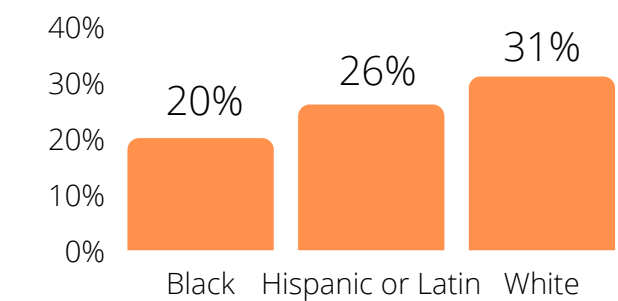


Alcohol use among White students increased by 26% since 2017. White students in advantaged neighborhoods are more likely to drink due to 'party' culture norms than their peers. ⁷

Alcohol Use



E-Vape Use



E-vape use increased by 71% since 2017. This could be explained by peer pressure and expanding marketing tools such as social media. ⁸



Resources: **1** Suminski , R., Connolly, E., May, L., & Wasserman, J. A. (2012). Park quality in racial/ethnic minority neighborhoods. Environmental Justice, 271-278. **2** Taylor, S., Romley , J., Malcolm, L., & Brown, A. (2006, February). Racial/Ethnic Disparities in Likelihood of Physical Activity: The Role of Neighborhood Characteristics. Retrieved from Active Living Research. **3** Hearst, M., Shanafelt , A., Wang, Q., Leduc, R., & Nanney , M. (2016). Barriers, benefits and behaviors related to breakfast consumption among rural adolescents. Journal of School Health, 187-194. **4** McDonnell, E., Probart , C., Weirich , E., Hartman, T., & Birkenshaw , P. (2004). School Breakfast Programs: Perceptions and Barriers. School Nutrition Association, 1-13. **5** Office of Justice Programs. Changing course: preventing gang membership Chapter 10. **6** 48. Le Cook, B., Trinh, N. H., Zhihui , L., Shu Yeu Hou, S., & Progovac , A. (2016). Trends in racial ethnic disparities in access to mental health care, 2004-2012. Psychiatric Services, 68(1), 9-16. **7** Krieg, A., Kuhl, D. 2016. Race, Adolescent Binge Drinking, and the Context of Neighborhood Exposure. Deviant Behavior. 37(6): 615-633. **8** Hrywna, M., Manderski, M., Delnevo, C. 2020. Prevalence of Electronic Cigarette Use Among Adolescents in New Jersey and Association With Social Factors. JAMA. doi:10.1001/jamanetworkopen.2019.20961